

Sports

Tae Kwon Do helps youth set goals, stay healthy

Nondice Powell
Hunter Public Affairs

Children from age 6 to 12 years-old yelled “Ki yap!” as they participated in a tae kwon do class in the gymnasium at Hunter Army Airfield’s Youth Services Center. “Ki yap” is a term in tae kwon do which means “yell.”

According to the Savannah Tae Kwon Do Academy website, *www.savannahtaekwon-do.com*, tae kwon do means the art of hand and foot fighting. Tae kwon do originates in Korea and recently became an Olympic sport. Many people take tae kwon do for self-defense or to stay in shape.

Master Jenni Matsuoka, an award winning fifth degree Kukkiwon Black Belt, has taught the class at Hunter for more than 20 years. After teaching at Hunter, she started the Savannah Tae Kwon Do Academy, where her husband is also a part-time instructor.

“I started out here for the military kids to give them something consistent that they know will be there for them,” said Matsuoka. “It helps the kids set goals and gives them discipline.”

Matsuoka has no ties to the military other than teaching tae kwon do bu still feels a connection with her students. She said it was difficult seeing the students leave every couple of years, as families move to other post or leave the military.

“I’m kind of attached to them,” said Matsuoka. “They’re special. They’re a part

of my kids now.”

Matsuoka’s own children also take part in tae kwon do.

“Everyone in our family is a black belt,” said Matsuoka. “All of my children have done tae kwon do since they were little. [They] have competed nationally and internationally in tae kwon do.”

Eleven-year-old Janus Nixon has been taking tae kwon do at Hunter for almost a year now. He enjoys taking part in the class and learning the skills Matsuoka shares with the class.

“Its fun,” said Nixon. “She’s really nice.”

The students practice various skills during the class.

“We were practicing our forms, practicing our kicks and shadow sparring,” said Nixon.

“They work on different patterns of movements; the basic kicks and the basic blocks,” said Matsuoka. “They also work on patterns of movement with the kicks and blocks and on paddle and bag kicking to work on their power. They also work with a partner for self-defense, sparring and timing.”

The tae kwon do class is held at the Youth Services Center, building 1289, Tuesday and Thursday evenings from 6 p.m.- 7 p.m. The class costs \$25 per month to attend twice a week and \$15 a month to attend once a week. Children must be registered with Child and Youth Services. The class is open to children of servicemembers and Department of Defense civilians. For more information call 315-5708.



Eleven-year-old Janus Nixon focuses on power as he learns to paddle kick at Hunter’s tae kwon do class.

Sibling rivalry: Nine-year-old Elizabeth Laster practices a tae kwon do self-defense move on her 6-year-old sister Catherine as their instructor Master Jenni Matsuoka helps explain techniques.



Ten-year-old Kirsten Graham practices her kicks while her brother, 12-year-old Daniel looks on. The Graham children are among those who take part in Master Jenni Matsuoka’s tae kwon do class at Hunter Army Airfield.

Photos by Nondice Powell

Bradwell soccer team in the lead, 10-1 in region



Jimmy Currier

Jimmy Currier
Coastal Courier

For the first time since 2002, Bradwell’s boys’ soccer team is heading to the state playoffs. However, coach Greg Cooke and his young team aren’t content with just qualifying for the Class AAAAAA playoffs.

They want to win Region 3-AAAAA and host a playoff game.

“I’m looking to win,” Cooke said. “We’re not looking just for a spot, but our boys are looking to win. They’ve worked hard for it.”

The Tigers (10-1) clinched a playoff berth with a 1-0 win, April 10, against Johnson.

Junior Reggie Battle scored the game’s only goal 20 minutes into the first half.

“It was a tough game but we came out and played,” he said. “We did what we had to do.”

The Atomsmashers tried to take Bradwell’s striker Chris “Prince” Schuster out of the game by triple-teaming the freshman.

However, Schuster still worked Johnson’s defense and allowed Battle to score.

Senior goalkeeper Michael Griffin and the defense earned their eighth shutout of the season.

“The strength of our mid-field and our defense stopped their attack and won us the game,” Cooke said.

“All I thought about the whole time was this team is going to be tough,” Griffin said. “Coach told us they were going to be tough and it was a tough game. They put a lot of quality

shots on goal. I’m glad our defense, midfield and forwards stepped up. This was a key game and I’m glad we took it.”

Ethan Deemer, Tyler James, Joey Lliso, Chris Cardon and Daniel Lee all contributed to Bradwell’s win.

The Tigers have three games remaining.

If Bradwell wins their remaining games, they will win the region crown.

“You can’t rebound physically. We are at a disadvantage,” Cooke said.

“It’s not like basketball or baseball. Playing an 80-minute match on the soccer field and then asking any athlete to do it twice is difficult, but we have to play through that. My motto is any field you drop the ball and we will play. There can be no excuses.”

Bradwell senior, Timothy Matavao, leads the Tigers in a victory dance.

Colgate completes four-game sweep of Army

www.goarmysports.com

WEST POINT, N.Y. – Kelsey Nordstrom went the distance on a two-hit shutout in the opener and Erin Gomez went 2-for-3 with three RBI and two runs scored in the nightcap as Colgate took a pair of softball games from Army in a Patriot League doubleheader, April 14.

The Raiders won by scores of 2-0 and 9-1 (5) at the Army Softball Complex to complete their four-game series sweep of the Black Knights.

In first place in the conference standings with an unbeaten 8-0 mark, Colgate (16-17) was staked to an early lead in the opener when Whitney Scott blasted a solo homer over the left field fence in the top of the second. The Raiders added an insurance run on Jessica Sabo's sacrifice fly in the third.

Nordstrom kept Army in check, never allowing the Black Knights' four base runners into scoring position all game as she struck out four and walked one. After yielding her first hit to leadoff batter Cassie Ellington in the bottom of the third, the

senior hurler retired the next 10 batters she faced before being touched for her second hit, a single by Erin McClain, with one out in the top of the seventh. Chris Stauffer (4-14) was touched for the loss going the distance on a five hitter, fanned two and issued three walks.

Army (11-30, 5-7 PL) took a 1-0 lead with one out in the bottom of the third in the nightcap on Stauffer's solo homer, her career and season sixth.

Colgate exploded for five runs after batting around in the top of the fourth and added four more in the fifth in roughing up three Army hurlers en route to forcing the game to be called after five innings.

Gomez' two-run double with two outs in the top of fourth erased Army's 1-0 lead and she scored on Calla Yee's single, chasing starter Veronica Barth (7-14), who was touched for five hits and five runs.

Reliever Amanda Eccleston threw shutout ball over the final two frames after Army collected four hits and its lone run off starter and winner Jess McCarrick (4-6), who pitched 3.0

innings, fanned one and walked another.

Colgate roughed up three Army pitchers for 11 hits, while Army's four hits came off the bats of Stauffer, Lindsey Gerheim, McClain and Mary Ann Kearney.

McClain had a hit in both games to stretch her hitting streak to five straight while hitting safely in eight of the last 10 games.

Army has a crucial four-game set this weekend when it hosts Bucknell (1-7), swept in its series by defending champion Lehigh (11-1). Lafayette's (6-6) sweep of Holy Cross (1-11) the final day to take three of the four-game series knocked Army out of third place in the conference standings.

The Black Knights have a crucial series when they host Bucknell next weekend in their bid to retain hold of fourth place in the league standings.

Army has two weekends of regular-season league play remaining, while the Bison have three with their makeup series with Colgate slated for the first weekend in May.



Erin McClain

Northeast weather rains out Army athletics

Army-Holy Cross doubleheader rained out

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WEST POINT, N.Y. – Army's Patriot League doubleheader against Holy Cross, scheduled for April 15, fell victim to the major Nor'easter hammering the East Coast. Due to the soggy forecast for the next few days, no makeup date was announced.

The games will be made up later this spring if the results play a role in determining the three teams that advance to next month's Patriot League Tournament.

The top three teams in the Patriot League's final regular-season standings

qualify for the conference tourney at year's end.

Following the Black Knights' dramatic doubleheader sweep of Holy Cross on Saturday, Army currently stands tied with Holy Cross for fourth place in the Patriot League standings at 4-6, one game behind third-place Bucknell (5-3). Lafayette leads the way at 9-1, followed by Navy at 7-3, Bucknell at 5-5, and both Holy Cross at Army at 4-6.

Lehigh resides in last place of the Patriot League standings, having won just one of its first 10 conference matchups.



Rain halts final round of New England Championships

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PROVIDENCE, R.I. – The heavy rain and sleet that is battering the Northeast has forced the cancellation of the final round of the New England Golf Championships. Army finished in fourth place with a composite score of 303, seven strokes off the pace set by team champion Sacred Heart, which fired a 296.

Army junior Patrick Beverly, who was tied for the lead on the individual leaderboard after the first

round, played April 14, settled for second place after dropping the first play-off hole to Brown's Larry Haertel early this morning.

Replaying the par-four, 402-yard first hole, Haertel wedged his second shot from about 125 yards to within eight feet of the flag and sank the birdie put to defeat Beverly, who two-putted for par.

They had both finished the first round with a one-under par 71.

Sacred Heart was declared the tournament

winner after leading the 17-team field after the first day's action with a 296, five strokes ahead of second place Central Connecticut and Yale at 301.

Army (303) and the defending champion Binghamton (304) rounded out the top-five teams.

The Black Knights return to the links April 21, when they host the 2007 Patriot League Golf Championships at West Point Golf Course.

First round action is slated to get under way at 8 a.m.

Defense shines in annual Black, Gold game

www.goarmysports.com

WEST POINT, N.Y. – Mario Hill had two interceptions, Brian Chmura recorded three tackles and Brandon White came up with an interception and fumble recovery to help the defense earn a 59-18 victory over the offense in the Army football team's annual Black-Gold Game, April 14 at Michie Stadium to wrap up the 2007 spring football practice schedule.

"We can continue to get bigger, stronger and faster," commented first year head coach Stan Brock. "We need to continue to work at it, and continue to study. It was really the first simulated live experience for the offensive line since it's been put together. I think we're going to be alright."

"We know where we are with our running backs on the depth chart. Our quarterbacks are still the same. I take a lot of positives out of this game. One big positive is that we didn't have any injuries today. Overall, I think spring practice has been really good. We're learning some different things. We're continuing to work. I had no problem with it."

Implementing a new scoring system that allowed the defensive side of the ball to accumulate points, fans were treated to a battle for bragging rights between the offense and the defense. The defense, which wore the road white jerseys as the Gold team, could score its points by forcing a turnover (six points), holding the offense to three and out (three points) or stopping an offensive series (one point). The offense, which wore the home black jerseys as the Black team, could register points via a touchdown (six points), a field goal (three points) or making a first down (one point).

The defense set the tone early by forcing the offense to go three and out on its opening series and then White recovered a fumble on the second to stake Gold to a 9-0 lead midway through the first quarter.

The offense recorded its first point of the afternoon on its third possession with a first down on the opening play of the series. Quarterback Carson Williams connected with recently named team captain Jeremy Trimble for a 10-yard pickup for one point.

Gold strung together five solid series to extend an 18-4 lead into a 39-4 difference in the second quarter. The defense alternated between three outs and turnovers to reel off 21 unanswered points. White's diving interception on a tipped David Pevoto pass marked the first turnover, while a Tony Fusco fumble recovery accounted for the other.

Black put together its best drive of the game to end the second quarter, recording three first downs before scoring on first and goal from the one-yard line. Pevoto was 5-for-5 on the drive including a gain of 29 yards to Trimble. Pevoto capped the scoring effort on a play-action pass finding fullback Mike Viti open in the flat for the score, making it Gold 39, Black 13 at half time.

The offense looked to have some momentum coming out of the five minute halftime break registering three first downs before throwing an interception in the end zone. After Williams had ushered Black's drive to the 22-yard line, he tried to hook up with wide receiver Elliott Emerich on a deep post, but Hill made a nice play on the ball for his first interception of the day.

The defense then made back-to-back three and out stops to push the score to 51-16 after three quarters. Both

sides of the ball battled in the fourth quarter as the offense picked up some more first downs, but were kept out of the endzone. Hill's second interception with 2:21 remaining capped the scoring at 59-18.

The Gold team did a good job of establishing a rush from the front line throughout the contest, tallying seven sacks and holding the rushing offense to eight yards on 35 carries. Army's quarterbacks combined to go 22-of-44 passing for 173 yards with one touchdown and three interceptions. Williams finished 9 for 17 with one pick and 63 yards, while Pevoto completed 9 of 14 passes including a touchdown and one interception for 90 yards.

Army will open the 2007 season on Sept. 1 when it travels to Akron, Ohio to face the Akron Zips at the Rubber Bowl.

Head Coach Stan Brock

(ref.: the play of the defense)

"The defense played very well. They came out and ran some blitzes and put some pressure on the quarterback. Their coverage was pretty good. We've known all along that our defense was a strength, and they continued to build. They struggled last weekend against our offense, and they came out here and answered the bell today. I'm very proud of how they came out and executed."

(ref.: the play of the offense)

"(The offense) struggled a little bit from the execution part of it. We had some receivers open and our quarterbacks made the wrong decision sometimes. The offensive line didn't play that great, so it was just one of those days. The good news is that we're still undefeated, and we'll continue to learn from it."

(ref.: the play of Army's quarterbacks)

"I think in the situations that they were in, they did okay. They made some poor decisions, but it is hard to be in second-and-long all the time. It's hard on coach (Tim) Walsh to be in those situations. You only have so many second-and-long plays on your gameplan sheet. We just have to do a better job on first down, and continue to get better. It's coaching; it's a process; it's developing a football team. This is one day of 15, and we have a whole month of training camp coming up. We will be ready to go when we get to Akron."

Senior Linebacker Charlie Rockwood

(ref.: the play of the defense)

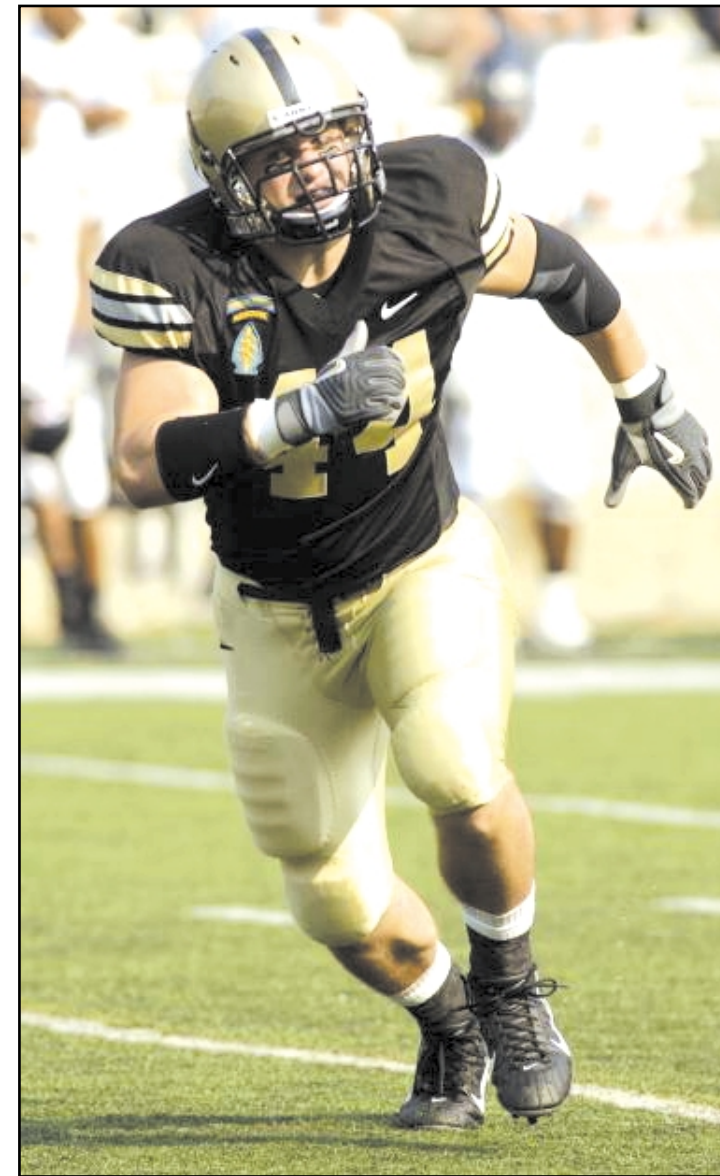
"We came out here and we wanted to triple their score, and we did that. As a linebacking corps, we had a few mistakes, but as the defense as a whole played excellent. We played really strong up front, and when our defensive line fills the gaps, it makes it easy for the linebackers. I give the credit to the defensive line for getting pressure on the quarterbacks and to the secondary for coming up with some interceptions. When it's all clicking like that, we're not going to lose."

(ref.: the rivalry between the offense and defense)

"We're a team, but it's almost like we have two different families in the offense and the defense. There is a big rivalry, and there was a whole bunch of talking in the locker room before and after the game, which gets everyone fired up. We treated the offense like they were the visiting team and we just tried to go out and beat them."

(ref.: who surprised him on the defense)

"Mario Hill had a very good day with two interceptions. I was impressed with our secondary. We lost two of our



Brian Chmura

safeties, but the safeties who filled in did a nice job filling the holes."

Sophomore Quarterback Carson Williams

(ref.: his thoughts on his play and the play of the offense)

"I felt a lot more relaxed than I did last year and that's definitely a good thing. Some of the stuff in the offense is still a little bit confusing, and we got out there and started thinking about it a little too much. I guess that's going to happen when you learn a new offense in 14 days. The offense made a lot more strides this year than it did last year. You have to remember that we were going up against a defense that has been playing the same defense for the past three or four years and is a legitimate defense. Overall, we have some stuff to iron out, but I'm really looking forward to the upcoming season."

(ref.: the struggles of the offense)

"A lot of times, we shot ourselves in the foot. We struggled running the ball, which isn't a good thing. You need to be able to run the ball to set up the pass. They held down our running game, which forced us to throw a little bit more than we would have liked. Some parts were frustrating; some parts were really good. There were a couple of different plays where the defense did everything right and we still picked up a first down. I think when we iron out everything we will be alright."